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FROM MINE TO FINISH LINE
CHILEAN MINER RUNS N.Y.C. MARATHON {page 6}



CONAN
HE'S BACK ON LATE-NIGHT TV
SCENE {page 10}



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Monday, November 8, 2010
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News worth sharing.

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Search called off for man swept out to sea

Helicopter searched three kilometres either side of Peggy's Cove, but couldn't find missing man Victim's family has been notified, but name not yet released Keep away from rocks, ocean in bad weather: RCMP

The search has been called off for a 28-year-old man who fell off the rocks of Peggy's Cove.

Someone saw a man yelling for help in the water and called police at 6:20 p.m. Saturday. An investigating officer later slipped and fell into the water but was rescued by another officer and fire personnel.

The two RCMP officers were taken to hospital with non-life-threatening injuries.

Search and Rescue, as well as the Joint Rescue Co-ordination Centre, were at the scene. A Sea King Helicopter and two Coast Guard vessels searched the water over the weekend.

Maj. James Simiana with the Rescue Centre said the Sea King was called down yesterday morning because the air search was exhausted.

Two Coast Guard vessels were still searching during the day and a ground search at the shoreline took place, but both were called off late yesterday.

Halifax RCMP stopped its search for the missing man at 5 p.m. JENNIFER TAPLIN

Past rescue efforts

- In June 2009, the RCMP rescued a woman who was pulled into the ocean at Peggy's Cove.
- Another man was pulled from the waters near the lighthouse after hurricane Bill roared up the coast in August 2009.



▶ Defence Minister Peter MacKay fields questions yesterday at the closing news conference of the Halifax International Security Forum. The future of Canada's troops in Afghanistan was a hot topic at the summit. Sources say Prime Minister Stephen Harper is mulling a proposal to keep troops in the country in a training role until 2014. Story, page 4.

ANDREW VAUGHAN/THE CANADIAN PRESS

Summit sees talk of extending Afghan mission

Weather

Water, water everywhere in province

Heavy rain warning issued for HRM over weekend Showers to continue until Thursday {page 2}

Moose let win slip away

Herd blow pair of two-goal leads against Cataractes {page 17}

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1 news

Rain not going anywhere yet



JENNIFER TAPLIN
@METRONEWS.CA

Dry out the rubber boots — the rain is sticking around for most of the week.

A heavy rainfall warning issued late last week was lifted for the Halifax area yesterday. But Environment Canada says lighter showers will continue in HRM until the sun makes an appearance Thursday, along with a 60 per cent chance of rain.

Several homes had to be evacuated and at least 19 flooded roads were closed after heavy rains drenched mainland Nova Scotia throughout the weekend.

Evacuation orders were sent to a few homes in the community of Lequille, near Annapolis Royal, when officials became concerned about possible flooding downstream from a dam operated by Nova Scotia Power Inc.

The Red Cross said yesterday it provided hotel accommodation and meals to one woman in the community.

Residents of two other houses were staying with family or friends in the area, the Red Cross said.

Several homes were also evacuated near Lake Vaughan in Yarmouth County due to rising water levels.

RCMP and the provincial Department of Transportation advised motorists of road closures in low-lying areas throughout the province.

The largest number of closures was in Yarmouth County, where the department listed 10 closures yesterday.

WITH FILES FROM THE CANADIAN PRESS

Soaking

- Most parts of the province received a heavy soaking that started Friday night.
- More than 120 millimetres of rain had fallen on the Halifax area by last night.
- Environment Canada said the Yarmouth area received about 174 millimetres of rain by yesterday morning.

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
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On the web at metronews.ca



Defence Minister Peter MacKay discusses Canada's future non-combat role in Afghanistan. Video at metronews.ca/canada

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SCANLIFE

The Queen has joined Facebook, but don't send a request. She won't be your friend. Scan code for story.

Ferry expansion going before council

Ferry ridership estimated to grow by 350,000 people by 2014: Report

Municipal staff are asking Halifax regional council to approve a long-term plan to upgrade and expand the municipality's ferry transit services.

An IBI Group report to be delivered to council tomorrow night outlines proposed short-term and long-term plans for Metro Transit's ferry service.

Over the next four years, the report suggest the jetties at the Halifax and Dartmouth terminals need repairing, and the terminals themselves require a $6-million to $8-million refurbishing. The report also suggests council begin the process of replacing the ferries — two of which were built between 1976 and 1978, the third in 1986.

New vessels will also be needed to accommodate increased ridership — which the report estimates increasing to 1.75 million people in 2014 from 1.4 million people in 2010.

In the long term, the municipality should look at building new, "architecturally significant" terminals on the Halifax and Dartmouth sides of the harbour, in order to both improve service and to become a "catalyst for the harbourfront redevelopment."

ALEX BOUTILIER

Review

- Originally part of Metro Transit's $258,200 five-year strategic operations plan, then-CAO Dan English suggested ferry service and Access-a-Bus programs warranted independent review, saying it became apparent while coming up with the five-year plan additional consulting was required to properly assess ferry needs.

RYAN TAPLIN/METRO



▶ A Metro Transit ferry crosses Halifax harbour in this file photo.

Suspects sought in robbery

A knife was brandished as police say a man and woman robbed the Ultramar service station in Dartmouth early yesterday morning.

At 2:15 a.m., police say the suspects entered the Ultramar at 575 Main St., with the man covering his face with the hood of his jacket and then producing a knife.

The man then went behind the counter and took a large quantity of cigarettes, police say, while the woman acted as a lookout from the front of the store.

They then fled the service station and entered a parked vehicle out front — described to police as a four-door silver Pontiac Grand Am.

They were last seen heading towards Dartmouth along Main Street, police say.

There were no injuries.

Anyone with information is asked to call police or Crime Stoppers at 1-800-222-8477.

METRO

Descriptions

- The suspects are described as being in their late teens or early 20s.

News in brief

Four-pad arena ready to open



▶ Kelly

RECREATION. The official ribbon cutting for the BMO Centre in Bedford West takes place tonight at 6. Mayor Peter Kelly and area MLA Mat Whynot are among the dignitaries scheduled to be on hand for the event.

Other than $2 million from the province, HRM is shouldering the entire cost of the $40-million facility located off the Hammonds Plains Road at Gary Martin Drive.

The facility includes four NHL-sized rink surfaces, four competition beach volleyball courts, a sports retail store and a canteen.

METRO

‘This is going to define the future’

- Justin Rehberg will be sentenced on Dec. 14
- Rehberg’s brother, Nathan, is also charged in the case, and is scheduled to stand trial today

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Justin Rehberg

Canada has marked a turning point with what’s believed to be a landmark hate crime conviction, an interracial couple said Friday, months after they awoke to find a burning cross on the front lawn of their rural Nova Scotia home.

Shayne Howe, who is black, and Michelle Lyon, who is white, were in court to hear provincial court Judge Claudine MacDonald find Justin Rehberg guilty Friday of inciting racial hatred.

“It shows that Canada doesn’t accept this, that those days are over,” Howe said outside court.

“For that conviction to come through, it makes me happy.”

Lyon echoed that sentiment.

“This is going to define the future and our future generations, so it’s important that it came out this way,” she said shortly after the ruling.

The couple saw a two-metre cross burning on their property in Poplar Grove, N.S., just after midnight on Feb. 21.

According to an agreed statement of facts, one of the couple’s five children also heard someone nearby shout racial slurs.

Rehberg pleaded not guilty last month to inciting racial hatred.

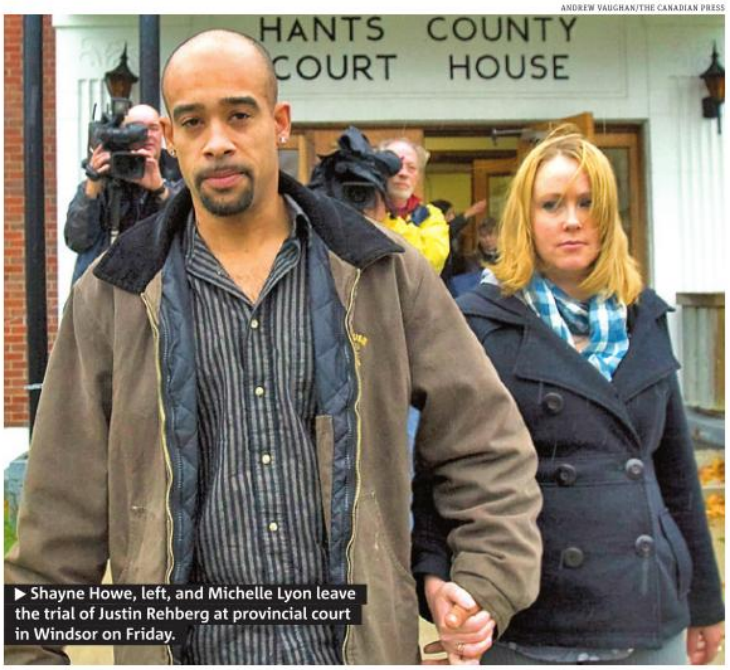
His lawyer argued the act of burning the cross on its own wasn’t enough to prove the 20-year-old native of Avondale did that.

THE CANADIAN PRESS

Rarity

There have been only two other hate crime charges in Nova Scotia in the last 10 years.

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Shayne Howe, left, and Michelle Lyon leave the trial of Justin Rehberg at provincial court in Windsor on Friday.

Hung jury forces new murder trial

A new trial has been ordered in a Nova Scotia first-degree murder trial after a jury was unable to return a verdict over the weekend.

The jury was considering the murder charge against Bernard Frederick Hartling, who is accused of shooting Kenneth McNamara in the face on Nov. 14, 2009.

On Friday, the jury gave notice to Supreme Court judge Glenn McDougall that they had not made progress.

The judge told the eight women and four men to rest and then reconsider the matter on Saturday — however, they were once again unable to reach a verdict.

Defence lawyer Hector MacIsaac said in a telephone interview that the judge made the correct decision in the circumstances.

He said that the jury made it very clear in a note to the judge that they were at an impasse and that no further arguing would change the situation.

THE CANADIAN PRESS

New date

Bernard Frederick Hartling will return to court on Nov. 25 to set a new trial date.

Landry announces Police Act changes

Nova Scotia’s justice minister says victims of crime would get quicker access to support programs under a proposed change to the province’s Police Act.

Ross Landry announced Friday police, including the RCMP, would be required to provide victims of crime with contact information to various support agencies under the legislation.

Liberal justice critic Michel Samson questioned why legislation was required, saying it appeared the government was trying to beef up a light legislative agenda. THE CANADIAN PRESS



Feds may tweak Afghanistan pullout policy

Facing pressure, PM mulls proposal to send troops to Kabul to assist in NATO training until 2014 Troops would still be removed from front

ANDREW VAUGHAN/THE CANADIAN PRESS



Condoleezza Rice, former U.S. secretary of state, shares a light moment with Defence Minister Peter MacKay at the Halifax International Security Forum on Saturday. MacKay confirmed that Canada is considering requests to keep Canadian troops in Afghanistan past the 2011 withdrawal deadline set by Parliament.

The Harper government is considering a proposal that would keep hundreds of Canadian troops in Afghanistan until 2014 in a non-combat, training role, The Canadian Press has learned.

Well-placed sources have told The Canadian Press they expect Prime Minister Stephen Harper to make a decision soon on a proposal that would send up to 600 troops to Kabul to continue NATO training efforts. The Canadian personnel would not be involved in combat operations.

John Manley, the former Liberal deputy prime minister who headed Harper's independent panel on Afghanistan, confirmed in an interview that he had been briefed on the proposal. He said the training mission is a good fit for Canada after so many hard years of fighting in Kandahar.

"I think it's the right thing. It would be unfortunate to take everybody out and say, 'That's done,'" said Manley, whose panel paved the way for the parliamentary extension of the combat mission to 2011.

The future of NATO's involvement in Afghanistan was a hot topic over the weekend at the Halifax International Security Forum, where hundreds of foreign politicians, diplomats, academics and others gathered for a three-day symposium.

Defence Minister Peter MacKay, who hosted the Halifax meeting, confirmed yesterday that Canada is considering allied requests to keep troops in Afghanistan past 2011 to conduct non-combat training missions.

MacKay would not divulge details, including potential numbers of troops. But he stressed they would not be involved in continued fighting.

"It would be behind the wire, outside of Kandahar," said MacKay. "In that context, that's what we're contemplating."

NATO has identified a shortfall of about 900 troops that are needed to conduct training, MacKay said. THE CANADIAN PRESS

Beyond 2011

Pressure has been mounting inside Canada and in the international community for the government to more clearly define its post-2011 plan for Afghanistan.

- The Liberal opposition, which favours a training role, has called for a parliamentary debate.
- Until now, the Conservative government has only said that Canada's diplomatic and development efforts would continue into the future.

ANDREW VAUGHAN/THE CANADIAN PRESS



U.S. Senator John McCain

McCain says Canada's help will be needed in Afghanistan

U.S. Senator John McCain has become the latest international figure to urge Canada to keep some troops in Afghanistan after the combat mission wraps up next year.

The former Republican presidential contender said there's a "strong desire" in Washington for a continued Canadian presence.

McCain, who attended the Halifax International Security Forum, suggested there could be a role for Canadian soldiers in training the Afghan military.

"We respect the Canadian government's domestic as well as foreign policy needs but we would really, really appreciate if the Canadian government and people could see their way clear to continue (a) presence, at least in the training area," McCain told CTV's Question Period. THE CANADIAN PRESS

NSLC

Big year for booze sellers

It's good to be in the liquor business.

The Nova Scotia Liquor Corporation has reported a 3.8 per cent increase in net income for the past six months. Sales are up 4.1 per cent for that period, including eight per cent for wine, three per cent for both beer and spirits and seven per cent for ready-to-drink options.

"Our year-to-date net income is still above budget by $1.2 million. We are cautiously optimistic that we will meet our year-end financial targets with the busy holiday selling season ahead," said Bret Mitchell, NSLC president and CEO, in a statement.

The corporation reported earnings of $124.3 million on sales of $318.6 million. METRO

N.S. rescuers get federal cash

Defence Minister Peter MacKay took some time out from the Halifax International Security Forum to make a funding announcement yesterday.

In a statement, he pledged $1.3 million for provincewide standardized communications for Nova Scotia's Ground Search and Rescue Association.

Volunteer rescuers currently use a patchwork of radios, which presents compatibility problems.

"When someone is lost or in distress, they need help fast," said MacKay in the release. "Having search and rescue responders communicate more effectively greatly enhances the efficiency of rescue operations and saves lives." METRO

Upgrade

- The money will pay for durable radios that operate in both digital an analog modes, plus technical support and training.

Fire claims couple's farmhouse

A couple lost their home as fire ravaged a wood-frame farmhouse in Salt Springs, Pictou Co. on Saturday evening.

There were no injuries and the cause of the fire isn't known. METRO

One dead in Highway 101 crash

One person died in a two-vehicle crash on Highway 101 near Falmouth on Friday afternoon.

RCMP say the driver of a car lost control and crashed into a pickup. The driver of the car was killed. THE CANADIAN PRESS

News in brief

Man survives ATV ordeal

VEHICLE ACCIDENT. A 51-year-old Cape Breton man is recovering from injuries he sustained after his all-terrain vehicle rolled over him yesterday.

RCMP say they were called to May Street in Scotchtown at 2:30 p.m.

Police say the man was conscious and alert when they arrived — even though the machine had rolled over his chest.

He was taken to Cape Breton Regional Hospital in Sydney. THE CANADIAN PRESS

Family forced to leave house

HOUSE FIRE. A family of three is temporarily homeless after fire damaged their home near downtown Truro yesterday afternoon.

No one was injured in the fire, which was at 17 Logan St., with the Canadian Red Cross offering temporary accommodations for the couple and their teenaged daughter.

The cause of the fire isn't known. METRO

Can a person say yes in advance?

Group worries legal recognition of 'advance' sexual consent could imperil women ● Debate intensifies around Supreme Court case

The notion of "advance" sexual consent will be up for debate today as a women's group appears before the Supreme Court in an effort to protect assault victims.

"This case has the potential to significantly change sexual assault law, and in a way will be potentially dangerous for the real lives of women," said Joanna Birenbaum, legal director for The Women's Legal Education and Action Fund (LEAF).

The Toronto-based organization will appear before the Supreme Court in the case of R. vs. J.A. to argue the court should not introduce the concept of "advance" consent to sexual relations into Canadian law.

"This will be turning the clock back 20 years and risks re-introducing implied consent into Canadian law when it has been so definitely rejected both by the legislature and the Supreme Court of Canada."
JOANNA BIRENBAUM, LEGAL DIRECTOR, WOMEN'S LEGAL EDUCATION AND ACTION FUND

"This will be turning the clock back 20 years and risks re-introducing implied consent into Canadian law when it has been so definitely rejected both by the legislature and the Supreme Court of Canada," said Birenbaum.

The case involves a woman who reported she was sexually assaulted by her common-law spouse, identified in court documents as J.A. On the night in question, J.A. strangled the woman into unconsciousness and when she awoke, she found herself bound and being penetrated with a sex toy.

The accused said the woman consented "in advance" to the strangulation and the penetration that would take place while she was unconscious.

THE CANADIAN PRESS

Defining 'advance consent'

Blair Crew, a criminal law professor who is also with the University of Ottawa's community legal clinic, said there's no doubt the case could set a significant precedent.

- "It reaches to women who are passed out after they are drunk, who are passed out after being administered a drug, women who are asleep," said Crew.
- Crew explained that even today the law implies that consent must be ongoing, but doesn't explicitly spell it out.
- Regardless of which way the Supreme Court rules, Crew said the case should ultimately result in a clear understanding of whether "advance consent" is acceptable.

Statue. Powers



▶ Visitors line up at the popular and controversial Virgin Mary statue that was once located in Fadia Ibrahim's front yard in Windsor, Ont.

DAVE CHIDLEY/THE CANADIAN PRESS

Windsor idol relocates

The owners of a statue of the Virgin Mary, which has purported healing powers, have moved the sculpture to a church in order to deal with huge crowds of pilgrims. The statue is now located at the Charbel Maronite Catholic Church in Oldcastle, Ont., south of Windsor.

President calls collapse a 'disgrace for Italy'

More buildings inside the ancient Roman city of Pompeii could collapse, Italy's culture minister said yesterday, a day after a 2,000-year-old house once used by gladiators disintegrated into rubble.

The collapse Saturday at one of Italy's main tourist attractions was a source of embarrassment for the government and the country. President Giorgio Napolitano said it was a "disgrace for Italy" and demanded an explanation.

Culture Minister Sandro Bondi, who went to Pompeii to survey the damage yesterday, warned that other buildings could also fall, according to Italian news agencies.

Given the number of buildings that need restoration, further damage is virtually "inevitable," said Daniela Leone, a spokeswoman for Pompeii's archaeological superintendence.

"This is a vast area that requires maintenance, resources," she said.

The house that collapsed on Saturday was used by gladiators to train before going to fight in a nearby amphitheatre, as well as by other athletes. It was also a storehouse for weapons and armour.

It was believed to have been built not long before Pompeii was destroyed in A.D. 79 by an eruption of Mount Vesuvius, which buried the city in 20 feet of volcanic ash.

THE ASSOCIATED PRESS

FRANCO CASTAN/THE ASSOCIATED PRESS



▶ People stand by rubble in the ancient Roman city of Pompeii, Italy on Saturday.

Body identified

New Brunswick police have started a homicide investigation after identifying a body discovered in a wooded area near Moncton as that of 25-year-old Sabrina Patterson.

RCMP say they haven't laid any charges in the death of the woman from Riverview, N.B.

Her body was discovered on Saturday by a man searching a wooded area near Shenstone, N.B.

Patterson was last seen Oct. 29 at the Moncton Coliseum.

Her car was later discovered at the Riverview Mall.

THE CANADIAN PRESS

Case details

- Last week, RCMP reported that they had found Patterson's boyfriend after he'd been missing for three days.
- RCMP said 31-year-old Fred Prosser was later charged with assaulting Patterson.
- Patterson and Prosser have two children together.

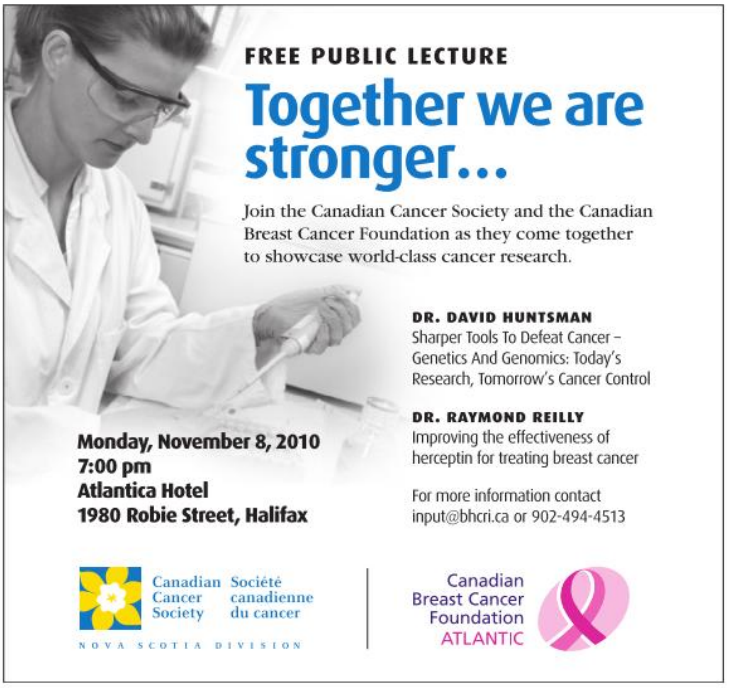
Disguise 'typical': Lawyer

The case of a young Asian man who boarded a flight to Canada elaborately as an elderly white man is "completely typical" of the thousands of refugee claims made in this country every year, the man's lawyer said yesterday.

The unidentified man, who boarded an Air Canada plane in Hong Kong on Oct. 29 wearing a silicone mask which he removed, is scheduled to appear before the Immigration and Refugee Board in Vancouver today for a routine detention hearing.

The case made headlines after an internal Canada Border Services Agency bulletin and several photographs of the man were leaked to CNN.

THE CANADIAN PRESS



WW1 veterans honoured at Vimy memorial

Young Canadians make pilgrimage to France
Students serve as guides at Vimy, Beaumont-Hamel

Three Montreal buddies, who had promised themselves for years they would make the pilgrimage, carried bouquets and fought back tears as they joined 800 other people yesterday at Remembrance Week ceremonies at the Canadian National Vimy Memorial.

It was an eclectic group who huddled in the raw cold: serving Canadian soldiers stationed in Europe, local French dignitaries, veterans and their families, and a class of 10-year-old French schoolchildren from nearby Douai who had spent weeks learning to sing O Canada.

Bloc Quebecois Leader Gilles Duceppe, on a 10-day working tour of Europe, joined the procession of officials laying wreathes at the site of the 1917 Battle of Vimy Ridge.

But the most striking note was the presence of dozens of younger Canadians, some who had travelled great distances to be at the memorial.

They came despite the passage of time that's eroding memories. A new poll from The Historica-Dominion Institute suggests Canadians know the most about the current war in Afghanistan rather than earlier conflicts.

Montrealers Robert Stinziani, James Gallagher and Anthony Ferro, all 35 and friends since childhood, brought flowers to lay at the soaring white granite monument at the Vimy memorial, the final stop in a tour of Canadian war sites in France.

THE CANADIAN PRESS

Battle of Somme

On Saturday, 200 people gathered for services at Beaumont-Hamel, near Vimy Ridge, considered hallowed ground to Newfoundlanders.

On July 1, 1916, the first day of the Battle of the Somme, of 801 Newfoundlanders who went into battle, only 68 were able to answer the roll call the next day.

KEVIN SCANLON/THE CANADIAN PRESS



▶ Montrealers James Gallagher, left to right, Robert Stinziani and Anthony Ferro, at the Canadian National Vimy Memorial in Vimy, France, yesterday.

Chaperone car seats recalled

2,350 units of the recalled car seats have been sold by retailers across Canada. But no incidents have been reported yet.

Health Canada has announced a car seat recall due to possible health hazards. The recall involves Chaperone-brand infant car seats that were made in China between April 2009 and May 2010 by Britax of North Carolina. The car seats have the model numbers E9L69P2, E9L69P3 and E9L69P5. THE CANADIAN PRESS

MEN

Miner finishes marathon

A Chilean miner ran, walked and hobbled his way to the finish line of the New York City Marathon, showing the determination that helped him survive more than two months trapped underground.

Edison Pena needed bags of ice for his knees as he made his way over the 42.195-kilometre course yesterday. He crossed the finish line in Central Park around 3:30 p.m. after starting in Staten Island at 9:40 a.m.

The 34-year-old was among the 33 miners rescued last month after spending 69 days entombed 700 metres underground by a cave-in.

World-record holder Haile Gebrselassie announced his retirement on a day that signalled the rise of a new Ethiopian star: Gebre Gebremariam won the men's title in his debut. THE ASSOCIATED PRESS

Mrs. Obama charms India

President Barack Obama tried to avoid it, but he couldn't escape being pulled into a dance by schoolchildren celebrating the Indian holiday of Diwali, or the festival of lights yesterday.

Obama watched admiringly as his wife, Michelle, joined girls dressed in colourful hues in a swaying dance with graceful hand gestures.

He appeared to resist when students from Holy Name High School in Mumbai approached. Eventually, Obama gave in, got up and strutted his stuff, too. He jumped around a little and made awkward sawing movements with his arms.

All presidents say it, and Obama is no exception: Presidential wives are tough acts to follow.

THE ASSOCIATED PRESS

Tax dollars needed for CCS: Report

A fledgling technology that pumps greenhouse gases deep beneath the earth's surface won't get off the ground without taxes, says a newly released report. A study commissioned by Environment Canada says carbon capture and storage (CCS) needs a boost in the form of taxation or government policies if it's going to gain widespread use.

THE CANADIAN PRESS

Canada's 'brand' ranks No. 1

Canada was picked No. 1 in a global survey of countries with the most favourable brand, thanks to a boost from the Vancouver Olympics. Canada has climbed steadily over the past few years, from a 12th-place ranking in the same survey just four years ago. It finally overtook the United States this year.

THE CANADIAN PRESS

Recycling bins can't read.

metro
News worth sharing.

MENINGITIS VACCINE STUDY
Kids and Adults 10 to 25 Years of Age

Meningitis is a disease that causes serious brain and blood infections. 10% of those who get the disease die. Children get a vaccine that protects them from one type of the disease.

We are doing a study on a vaccine that may protect against 4 types of meningitis disease.

Eligible participants will receive the vaccine free of charge and be reimbursed for travel and parking.

If you are 10 to 25 years of age who has never had a meningitis vaccine, contact Kim Slaney:
(p) 902-470-7857
(e) kim.slaney@iwk.nshealth.ca

IWK Health Centre

Man's message makes journey across ocean

Message in bottle travels across North Atlantic ocean N.L. fisherman wrote notes for daughter

More than two years have passed since he wrote his note, but Randy Rumbolt never imagined his message in a bottle would travel from the Grand Banks of Newfoundland and Labrador to the shores of Scotland.

The fisherman was thinking of his teenage daughter, Cally, when he wrote her Pickering, Ont., address on a piece of paper, sealed it in a Ziploc bag and rolled it into a plastic bottle.

Someone did get his message, but the words in the weathered note were barely decipherable by the time Sofi-Ona Hamer picked it up off the west coast of the Isle of Harris.

"I've heard of it happening. The right ocean currents and wind could take it across. It's just a matter of how long it's going to take."
NAUTICAL SCIENCE INSTRUCTOR CAPT. GORDON WILLIAMS ON THE LIKELIHOOD OF RUMBOLT'S STORY

"I couldn't believe it," she said. "I've never in my life found a message in a bottle before. It was quite exciting."

The Scottish woman is just the latest person to pick up one of Rumbolt's notes across the pond. In fact, he threw dozens of bottled notes over the edge of the shipping vessel he worked on between 2007 and 2008.

In August, 14-year-old Cally was surprised to receive a postcard from a kayaker who had picked up one of the bottles in Treyarnon Bay, England.

The Toronto Star teamed up with Hamer to find out who sent the bottle. Now that she has Cally's full address, Hamer plans to send a letter of her own. TORSTAR NEWS SERVICE

Spain. Protest



▶ Gay activists holding signs that say "God loves all" and "Father, why did you leave us?" protest Pope Benedict XVI's visit to Barcelona, Spain, yesterday.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

'Father, why did you leave us?'

During Pope Benedict's dedication of Barcelona's iconic basilica, the Sagrada Familia, yesterday, he strongly defended traditional families and the rights of the unborn, directly attacking Spanish laws that allow gay marriage, fast-track divorce and easier access to abortions.

Dusting for dollars in Britain

Britain's jobless could be asked to sweep streets, help community centres or mow lawns in return for their welfare check under plans to toughen the country's benefits regime, government ministers said yesterday. THE ASSOCIATED PRESS

Mass grave for victims of volcano

Bodies of dozens killed by Indonesia's most volatile volcano — some too charred to be identified — were placed into a mass grave yesterday, as people scared that another eruption was coming fled the city at the foot of Mount Merapi. THE ASSOCIATED PRESS

Discounts granted to settlers

Court documents released yesterday showed that a string of Israeli governments has helped cement the Jewish presence in Arab areas of Jerusalem by selling or leasing property to settler groups at bargain prices. THE ASSOCIATED PRESS



PAUL SAKUMA/THE ASSOCIATED PRESS



▶ Even the iPhone has trouble with time changes.

Good excuse to sleep in twice

Apple says the end of daylight savings time could cause problems for iPhone users.

The company says on its website that repeating alarms set on iPhones and some versions of the iPod touch may not recognize the end of daylight saving time and may work incorrectly shortly before or shortly after the time change yesterday.

Apple says devices using the mobile operating system iOS 4.1 are likely to trigger alarms before or after the time change.

Apple is releasing an update of the software later this month to address the glitch.

THE ASSOCIATED PRESS

Stock markets hold on to strong gains

Canadian earnings season winds down ◐ Indexes jumped last week

Stock markets look set to rack up another week of gains as investors anticipate more pleasing earnings from the Canadian corporate sector and take comfort from signals showing better economic conditions.

Indexes jumped smartly last week, with the TSX ahead two per cent and the Dow industrials up 2.92 per cent to their best levels since September, 2008.

Investors bid stocks higher as the Federal Reserve offered more measures aimed at helping a faltering economy, the U.S. election delivered few surprises, manufacturing data from China and the U.S. came in better than expected and to cap it all, October job creation in the U.S. came in better than expected.

As the Canadian earnings season winds down, investors will take in earnings from some of the biggest Canadian companies in the resource and consumer sectors.

THE CANADIAN PRESS

Dollar news

The Canadian dollar closed just below parity with its American counterpart Friday.

▶ **The loonie** finished up 0.2 of a cent at 99.96 cents US after going as high as 100.08 cents US as traders also took in worse than expected Canadian jobs data for October.

Vets upset by Eddie Bauer sale

A major international retailer's effort to advertise its fall clearance event as a "Remembrance Day" promotion is proving to be a tough sell for Canadians.

Eddie Bauer's week-long "Remembrance Day" sale, launched in stores across Canada on Friday, sparked protests from veterans who felt disrespected by the American clothing giant.

Civilians also cried foul on social media sites, lambasting the retailer for what they described as an "insensitive" approach. Eddie Bauer announced the sale early Friday morning in an email flyer promising up to 75 per cent off fall merchandise. THE CANADIAN PRESS

Q3. Earnings



▶ Warren Buffet

NATI HARNIK/THE ASSOCIATED PRESS

Berkshire Hathaway net income falls

Warren Buffet's company posted an eight per cent drop in third-quarter net income Friday, due to paper losses on its derivatives portfolio.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 46.32 (12,925.11)	+ 0.20 ¢ (99.96¢ US)	+ $0.36 US ($86.85 US)	$3.937 (+ 0.81¢)

Gold contracts $1,397.70 (+ $14.60)

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DIFFERENCE BETWEEN HATE, VENGEANCE

Urban Compass

STEPHEN KIMBER



It's difficult to summon a scintilla of sympathy for the Rehberg brothers.

Twenty-year-old Justin was convicted Friday of criminal harassment and inciting hatred against blacks by setting a two-metre cross ablaze last February in front of the Hants County home of a mixed-race couple. His brother Nathan faces similar charges this week.

But since this decision may be precedent setting, it's worth asking whether we want to set this precedent. The law requires proof not only that the accused did the deed, but also that their "motivation" was to incite hatred.

Justin's lawyer argued the motivation for this crime — his client pleaded guilty to criminal harassment — was something else.

Justin was convinced Michelle Lyons — a distant cousin who shared the house with her black partner and their children — was spreading rumours the Rehberg brothers had herpes. In his dumb-as-dirt way, Justin lashed back, zeroing in on her partner's race and upping the offensive ante in the process.

The intent, his lawyer insisted, was personal vengeance.

It's complicated, of course.

"That this torching failed to ignite racist nutbars says more about the community, which rallied to support the family, than the act, or those who perpetrated it."

Cross-burning carries symbolic connotations. That this torching failed to ignite racist nutbars says more about the community, which rallied to support the family, than the act, or those who perpetrated it.

Still, we need to be careful when we attach the most heinous intent — inciting hatred is heinous — to messy personal vendettas.

One criminologist argued after the verdict that "hate laws were created for this reason ... We need to prosecute more, not less."

I would suggest hate crimes are, and should be, so reprehensible we must designate them such only in clear-cut cases.

Consider another recent case involving a New York street gang that discovered one of its recruits was gay. Gang members allegedly beat and sodomized him, tortured another gay man, then beat up that man's roommate and brother. Police call those hate crimes. No kidding.

In a slightly different context, American comedian Jon Stewart got it exactly right during his recent Rally To Restore Sanity when he urged caution in our use of language. We must learn to "distinguish between real racists and tea partiers, or real bigots and Juan Williams and Rick Sanchez."

We also need to distinguish between real race haters and dumb-assed vengeance seekers.

Cartoon

MICHAEL DE ADDER



May be time for a change

Letters & Tweets

We asked: Should we drop daylight time?

TORONTO. Yes. I don't believe we save a darn thing. How can it? Sure, it's lighter in the mornings, but it's still dark enough that you have to use the lights to get ready for work and it's darker earlier in the evenings. **ANN FAGAN**

TORONTO. We definitely should drop daylight time.

It causes inconvenience since most countries have cancelled daylight time or never started it. It causes lots of trouble to adjust body routines for the first week of each change. That means we spend two weeks in every 52 weeks to adjust to this man-made trouble. The world is already complicated. Why should we add more complexity in it? **JIAO JIANG**

Re: Mike Artelle letter (Nov. 5)

TORONTO. Mike, here's what I think: (1) You must be a same-sex supporter; and (2) your comments are just as discriminating as Jessica Napier's article (I looked at a girl ... and liked it, Nov. 2). She was expressing her opinion, just like you're expressing yours. What might be "creepy" and "weird" to her may not be to you. I get that. (But) aren't you exemplifying the very definition of disrespect? **KENNY CHENG**

Out of date?



What's the appropriate date to decorate for Christmas?

Email
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Metro Minute with The Fantastiks

The musical The Fantastiks, which played Off Broadway from 1960-2002, is coming to Dartmouth's only community theatre.

The show, which is the longest-running musical, is a story about a young couple whose parents build a wall between their two houses to keep them apart.

It is described as "a simple but beautiful story of the quintessential celebration of love in all its gorgeous simplicity and heartbreaking complexity."

Starting Wednesday, it will be performed through Saturday at 8 p.m. with Sunday matinees Nov. 14 and Nov. 21 at 2 p.m. The Dartmouth Players Theatre is at 33 Creighton St.

METRO

CONTRIBUTED



▶ The Fantastiks begins Wednesday at The Dartmouth Players Theatre.

2 scene

Scene in brief



A fan of NBC's Law & Order: Criminal Intent has been convicted in New York on one of two counts charging him with stalking star Kathryn Erbe.

Jurors deliberated less than a day before reaching the split verdict Friday against Charles Nagel in federal court in Brooklyn.

Prosecutors say the 36-year-old man began stalking Erbe in 2008 by trying to hug her while she was filming on location in Manhattan.

Authorities say once he was rebuffed, he began composing creepy missives about her on a social network.

The 44-year-old Erbe testified that she was scared because she thought Nagel was obsessed with her.

Nagel took the stand to say it was all a misunderstanding.

THE ASSOCIATED PRESS



Advocacy: Pamela Anderson is in Israel to promote fur ban and meet with ultra-Orthodox leaders

ART STREIBER/ASSOCIATED PRESSX



▶ Conan O'Brien returns to late-night TV with his new show, Conan.

Can Conan O'Brien conquer TV, again?

After his Tonight show departure, O'Brien went viral. Now, he returns to late night.

especially for one formerly unemployed talk-show host. While Conan O'Brien's departure from Tonight was a sorry mess, it was in sync with the growing influence of social media.

His extensive use of Twitter and Facebook gave O'Brien a direct pipeline to fans, keeping him in a computer-generated spotlight.

With tonight's debut of his TBS show, Conan, O'Brien will learn if being an online sensation can help to foster ratings success in cable TV.

There's no question the online universe drastically affected O'Brien's post-Tonight life. With an NBC settlement agreement that included an extended ban on TV appearances, O'Brien found he could keep followers intrigued with messages on Twitter and Facebook. Then there's the Team Coco website, giving the public show details that include the guest list.

"I was supposed to be in the wilderness, but I carried on this relationship that in some ways seemed more meaningful than any relationship I've had in television," he said.

The question now is will online fans tune in for Conan or wait to see it online? TBS is making it easy, announcing the show will be posted online the morning after it airs.

But that means ratings take a hit. O'Brien averaged 2.5-million viewers during his Tonight tenure, a number that would be welcomed by TBS. The bar for success isn't overwhelmingly high, said analyst Steve Sternberg. If O'Brien can increase the under one-million nightly viewers George Lopez was getting for TBS at 11 p.m., then Conan will "probably be considered successful," Sternberg said.

What about the possibility of booking wars?

"I've made a lot of friends over the years. I've always been pretty much able to have most of the people I wanted on the show ... I don't think that's going to change," O'Brien said. THE ASSOCIATED PRESS

Conan's timeslot

When can you catch Conan?

- **Canadians will get the show later than Americans** CTV has tweaked its schedule so Conan won't air until midnight ET on the Comedy Network and 1 a.m. on CTV.
- **Conan's first guests** The show kicks off with Seth Rogan and Jack White.

[illegible] it to be off

Canadian comic Will Sasso is shrugging off critics of his Twitter-inspired hit sitcom, $#*! My Dad Says, saying the show's consistent ratings triumphs are speaking louder than any bad review.

The series has generated some of the most terrible TV reviews of the new season, but Sasso says he'd much rather take cues from the audience that is making the series a modest hit on CTV and CBS.

"Comedy is subjective. There's a lot of people watching the show and it's won its time slot every week that it's been on, so that's a review in my mind," says Sasso, who portrays the son of a crusty war veteran, played by William Shatner.

$#*! My Dad Says helped push CBS to the number one spot in prime-time, and earned a full-season pickup from the U.S. network after just one month on air. And it did so even though none of the 26 critics listed on metacritic offered a positive notice.



▶ Will Sasso

TV expert Marc Berman says the average viewer just wants to be entertained by a conventional premise: A son moves in with his cantankerous father, a second son visits often with a wacky wife.

"It's not brain surgery. There's nothing wrong with that," says Berman, a Mediaweek columnist.

Sasso says his new show is unique in that it's inspired by real people, whose lives have already been well-documented through show creator Justin Halpern's Twitter page and spinoff book.

Still, Berman credits much of the success of $#*! My Dad Says to the juggernaut crowd-pleaser The Big Bang Theory, which immediately precedes the show on Thursday nights.

THE CANADIAN PRESS

GETTY IMAGES



▶ 17-year-old Miley Cyrus was allegedly seen with a beer in Spain, where the legal drinking age is 18.

Cyrus spotted with a beer

Miley Cyrus is drawing criticism after being spotted celebrating with a beer at a club in Madrid, according to TMZ.

While the 17-year-old Disney star is still underage in Spain, where the drinking age is 18, cops there tell the website it's no big deal.

But some disagree: "The young people that see her as a role model could mimic the same behaviour and as a consequence will go out and become intoxicated, putting their safety at risk," a spokesman for the International Institute for Alcohol Awareness says.

METRO

Celebrity tweets



Kanye West [@kanye west] All my fans have really supported me through the dark times and I wanna thank yall for the constant motivation



Craig Ferguson [@Craigy Ferg] I've got an under the skin zit on my nose that is invisible but I can feel. It's like I have a guilty secret. Which I do. My love of ham.



Katy Perry [@katyperry] Oh... My...Gosh... this just brought a sweet tear to my eye! Teenage Dream on GLEE makes my heart go WEEEEE!



Conan O'Brien [@Conan OBrien] Extremely hot in L.A. today. Just more proof of God's plan to wipe out the California Irish.

METRO

Robert set to pop the question?

Source claims Pattinson will propose to Stewart during Twilight filming ◐ Actor is designing the ring himself

Robert Pattinson is reportedly hard at work designing a wedding ring for Kristen Stewart, according to the National Enquirer.

But the press-shy pair aren't hurrying to the altar — yet.

"Rob wants to design the ring himself," a source says of the ring, which is to be used for their characters' wedding scene in the next Twilight film. "He feels their on-screen nuptials will be a very special and personal moment, even though it's supposedly make believe."

But the source claims Pattinson is planning on having the ring pull double duty: "The plan is that when the cameras stop rolling after their on-screen nuptials, romantic Rob will drop to one knee and slip his designer ring on his real-life love as he proposes marriage," the source says. METRO

GETTY IMAGES



▶ Twilight co-stars Robert Pattinson and Kristen Stewart.

Allen ill with blood poisoning



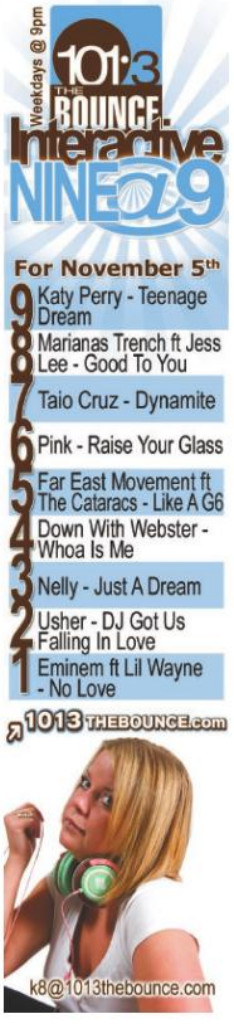
Just a week after losing her pregnancy, Lily Allen has been hospitalized for blood poisoning, according to Hollyscoop.

"She is responding well to treatment and her condition continues to improve," her rep says in a statement. "Lily thanks everyone for their messages of support and again asks that she and partner Sam Cooper be left alone whilst she recovers."

Allen was rushed to the hospital Friday night.

METRO





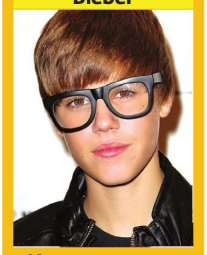






3 life

Bieber



Now you can dream of Justin Bieber after a company launched a pyjama line inspired by the pop star. The Justin Bieber pyjama collection includes a range of sleepwear including pyjama sets, sleep sets with shorts, capris and tanks, as well as sleep shirts.
The line also includes embellishments like ruffled sleeves, heart prints and guitars infused with bold colours, including the star's favourite hue — purple.
Sears Canada carries the Bieber apparel and accessories for girls. Bieber's image and brand are increasingly present in the beauty and fashion industries.
The 16-year-old's hit tunes have inspired a line of nail polish from Nicole by OPI launching next month.
THE ASSOCIATED PRESS



Facing 72 per cent rate of unwed mothers, U.S. blacks explore reasons and answers

ROSS D. FRANKLIN/THE ASSOCIATED PRESS



▶ Families have embraced Lucha Libre Mexican wrestling nights, part of Lucha Libre Internacional Gladiadores Unidos, at family friendly venues in Phoenix.

Tough lucha love

Family night at the wrestling ring For some bonding, nothing beats the cursing of lucha libre Americans in the Southwest embracing lucha libre as one of their cultural traditions

Adorable Yuki, a hefty figure in pink and black spandex, soaks in the cheers and ear-splitting screams from the crowd. Tonight the wrestler has a trick — or rather a treat — up his sleeve.

To celebrate the Mexican holiday, El Dia del Nino (Kids' Day), Yuki hurls handfuls of candy into the audience. Kids make a dive for it, then are back in their seats, joining their parents in booing and yelling at the referee to shut up.

Bodies, not candy, are what tend to go flying at a lucha libre wrestling match. And in heavily Hispanic cities such as Phoenix, some parents are choosing the decades-old Mexican form of free fighting as a way to spend some quality time.

Little kids can swear and flash the middle finger during what are sometimes violent matches. Mothers typically have one eye on a fight and the other on a stroller.

"When you're at a movie, it's quiet and relaxed. Here you can yell, scream and get all the anger out of you. You can have fun and all that," said Ernesto del Real, who has taken his wife and three of his children, ages five to 11, to body-slamming bouts on Friday nights.

The profanity and pummelling might appal families not familiar with lucha libre. But anyone acquainted with it knows it's all part of the spectacle.

"When you're at lucha libre, you shout obscenities, insult people, act in ways that wouldn't necessarily be acceptable elsewhere," said Heather Levi, an assistant professor in anthropology at Temple University. "I remember the time I was sitting in front of a woman who was teaching a three-year-old to do it. It was like, 'OK, now you say...'"

Lucha libre has been rooted in Mexican popular culture since the 1930s. Wrestlers wear colourful masks and personas. The genre gained more notice when it was showcased on TV and in B movies.

"Children were not allowed into arenas (in Mexico City) until the mid-1980s," said Levi, author of The World of Lucha Libre: Secrets, Revelations, and Mexican National Identity. Now, she said, "In Mexico, people bring their children, their grandparents."

In the Southwest, it seems that people are seeing lucha libra as a cultural thing. They're "really embracing it as something Mexican they take their kids to," said Levi. For some kids who have grown up in the U.S., watching Jack Black in Nacho Libre has been the extent of their lucha libre exposure. Seeing authentic luchadores go at it has been a bonding experience.

THE ASSOCIATED PRESS

Lucha Libre

Lucha libre is a form of professional wrestling, rooted in Mexico.

What is it? Mexican wrestling is characterized by rapid sequences of holds and moves, as well as high-flying moves (some of which have been adopted in the United States), and colourful masks.

Peanuts in pregnancy linked to allergy-prone kids

Peanut consumption while pregnant is associated with a higher likelihood that a woman's allergy-prone baby will test positive for peanut allergy, a new study suggests.

The study examined babies with likely milk or egg allergies, or significant eczema, and their mothers' peanut-eating habits during pregnancy. The babies were selected based on characteristics that might indicate an increased risk of someday developing a peanut allergy.

"We found that maternal ingestion of peanut during pregnancy (which we asked about prior to allergy testing for peanut) was related to finding strong positive allergy tests to peanut in the children," Dr. Scott Sicherer, professor of pediatrics at the Jaffe Food Allergy Institute at Mount Sinai School of Medicine in New York, wrote in an email.

"We found that maternal ingestion of peanut during pregnancy was related to finding strong positive allergy tests."
DR. SCOTT SICHERER, MOUNT SINAI SCHOOL OF MEDICINE IN NEW YORK

"The more peanut they reported eating during pregnancy, the higher the risk of finding a positive or strongly positive test to peanut."

The findings were published Monday in the Journal of Allergy and Clinical Immunology.

THE ASSOCIATED PRESS

A warming recipe for chilly days

Veal and white beans make this soup nutritious Add a roll and some fruit for a whole meal

Leeks, leafy greens, tomatoes, white beans and ground veal pack a nutrient punch in this simple soup. It can be made in advance and reheated before serving.

Add a whole-grain roll and a piece of fruit for a quick, healthy, energy-sustaining meal.

Preparation:

1. In a large saucepan, cook ground veal with salt and pepper over medium-high heat, breaking into small pieces, until no pink remains, about 10 minutes.
2. Add leeks and cook until tender but not browned, about 5 minutes. Stir in rosemary and bay leaves.
3. Pour in chicken broth and bring to a boil.
4. Add in chard and reduce heat to maintain a simmer; cook for 10 minutes.
5. Stir in tomatoes and beans and heat through, about 5 minutes. Let sit for 10 minutes before serving.
6. Serve garnished with shaved Parmesan cheese and lemon zest.

THE CANADIAN PRESS

Ingredients:

- 750 g (1 1/2 lb) ground veal
- 2 ml (1/2 tsp) each salt and pepper
- 500 ml (2 cups) chopped leeks (white and light green parts only)
- 15 ml (1 tbsp) chopped fresh rosemary
- 2 bay leaves
- 1.5 l (6 cups) chicken broth
- 1.5 l (6 cups) chopped Swiss chard, kale or spinach
- 500 ml (2 cups) canned tomatoes
- 250 ml (1 cup) rinsed and drained canned white beans
- Shaved Parmesan cheese, for garnish
- Lemon zest, for garnish



▶ Veal and white bean soup

6 portions
Prep and cooking time: 40 min.





Winners

Winners in the English cookbook category:

- **GOLD** Laura Calder for French Taste: Elegant Everyday Eating (Harper Collins).
- **SILVER** Anna Olson for Fresh with Anna Olson: Seasonally Inspired Recipes to Share with Family and Friends (Whitecap Books).

Winners in the English special interest category:

- **GOLD** David Sax for Save the Deli: In Search of Perfect Pastrami, Crusty Rye and the Heart of the Jewish Delicatessen (McClelland and Stewart).
- **SILVER** Tony Aspler for Tony Aspler's Cellar Book: How to Design, Build, Stock and Manage Your Wine Cellar Wherever You Live (Random House Canada).

Curried chicken and rice burritos

Preparation:

1. Heat oven to 200 C (400 F). Spritz a large baking dish with cooking spray.
2. Remove meat from chicken, discarding bones and skin. Chop any large pieces of meat into bite-size pieces.
3. In a large bowl, whisk together coconut milk, curry powder, lemon juice, salt and pepper. Add chicken, paneer and onion, tossing to coat. Mix in rice.
4. Microwave tortillas for about 10 seconds to make them more pliable.
5. One at a time, place each tortilla flat on the counter. Spoon about 175 ml (3/4 cup) of the chicken mixture down the centre of the tortilla. Fold both ends in, then roll up.
6. Place each burrito, seam side down, in prepared baking dish. When all of the burritos are assembled, spritz tops with cooking spray.
7. Bake burritos for 15 to 20 minutes. Serve with mango salsa or chutney.

THE ASSOCIATED PRESS

Ingredients :

- 1 rotisserie chicken (about 1 kg/2 1/4 lb)
- 250 ml (1 cup) coconut milk
- 15 ml (1 tbsp) curry powder
- 5 ml (1 tsp) lemon juice
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 125 g (4 oz) diced paneer
- 1 medium red onion, diced
- 500 ml (2 cups) cooked basmati rice
- 8 large (burrito size) flour tortillas
- Mango salsa chutney

Awards celebrate Canadian cooks and cookbooks

Two stellar culinary books that have had a lasting impact on Canadian cuisine were honoured Friday at the Canadian Culinary Book Awards.

Winners of the second annual Canadian Culinary Landmarks Hall of Fame Award were Carol Ferguson and Margaret Fraser for A Century of Canadian Home Cooking: 1900 through the '90s. The book was published by Prentice Hall Canada in 1992.

The second was Kate Aitken's Canadian Cookbook, published in 1945 by The Montreal Standard.

The 13th annual awards ceremony, held on the opening day of the Royal Agricultural Winter Fair, in Toronto, was sponsored by Cuisine Canada and the University of Guelph.

Two people who have contributed greatly to cuisine in Canada were also honoured.

John Bishop, chef, restaurateur and cookbook author, won the Edna Award, named for the late food writer Edna Staebler. His Kitsilano restaurant, Bishop's, specializes in local fare. The Edna is a lifetime achievement award given to an individual who has contributed to the promotion of regional cuisine and who exemplifies the region through his or her work.

Canadian culinary icon Elizabeth Baird, whose career spans nearly four decades, was the recipient of Cuisine Canada's Founders Award for her lifetime of service to the culinary community of Canada.

THE CANADIAN PRESS



▶ Vancouver restaurateur and chef John Bishop won the Edna Staebler lifetime achievement award.

Go green by recycling your clothes

JESSICA LEWIS
LIFE@METRONEWS.CA

People have been recycling clothing for as long as we can remember. From hand-me-downs to taking up hemlines to sewing a button back on, the do-it-yourself fashion once reserved for small fixes is finding its way to stores, websites and catwalks. And you can be a part of it simply by using what's already in your closet.

Whether you call it recycling, re-fashioning, re-purposing, reclaiming or something else, it's an act of showing off your individuality. It is also a good way to take a stand against consumer culture.

Tara White, founder and designer of Embody Clothing, which is sold across Toronto and Ottawa, says that she began making clothing because she didn't like the kinds of fashion sold in malls.

"I found it really uninspired, and it seemed like everyone was wearing the same uniform," she says. "I liked the idea of when I'd make something, it would be one-of-a-kind. I started making clothes for myself, started making more and then was selling."

Tina Sparkles, a designer in Austin, Texas, recently released a book named Little Green Dresses, with 50 patterns for all different kinds of outfits.

"I feel really passionate about how our consumer culture is messing things up in the world and I think that gaining an awareness



of that is important and I want to help spread that word," she says.

Sparkles feels that the idea of being eco-friendly can be too expensive and limiting, but people are still interested in being green. If you don't want to use your own clothes, you can go to a thrift store, garage sale or even set up a clothes swap with your friends.

"It takes your own time and creativity," she says. "My inspiration comes from a lot of places. I love looking at vintage clothing and the old shapes and tiny details, trying to figure out a way to incorporate them into something new."

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As a mother who cannot breast-feed, I'm wondering what are the effects of bisphenol-A (BPA) in canned baby formula?
Heidi from Edmonton

Bisphenol-A or BPA is a human health concern because of its ability to mimic estrogen. It's an industrial chemical used primarily in polycarbonate plastic. You might remember in 2008 when our federal government banned BPA from plastic baby bottles. But BPA is also in the epoxy resins lining our canned goods, and it becomes hazardous to our health because it refuses to stay put and migrates into food like baby formula. So, in addition to replacing your plastic baby bottles with BPA-free plastic or glass, choose powdered baby formula. Canadian tests show no BPA leaching into powdered formula, which is good news for moms. Or, look for liquid formula sold in glass or BPA-free plastic. There is good news for all Canadians when it comes to concerns about this hormone-disrupting chemical. This fall, Canada secured a world first — a formal designation of BPA as "toxic." This means our government now has a stronger authority to ban BPA in consumer products. In the meantime, we should all buy fewer canned foods. According to Statistics Canada, more than 90 per cent of Canadians have detectable levels of BPA in their bodies. Choosing alternative packaging like glass jars or buying fresh, frozen or dried fruits and veggies will reduce your exposure. Dried beans, for example, have great flavour and texture, and you can control the salt and sugar content.

David Suzuki Foundation



Why not reduce your work by managing your leaves on site? On site management of leaves means you can

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right on your property.

Don't have a backyard compost pile?
- Try piling leaves around plants that are susceptible to winters' chill for natural insulation against the cold

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- Maximum weight **25 kg** (55 lbs) per bag

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NAVY DIVER SWAPS SNORKEL FOR PINT GLASS


▶ Brian Titus

TurningPoint

TERESA KRUZE
TURNINGPOINTMEDIA.CA



Brian Titus used to defuse underwater bombs for a living. A little dangerous? Sure. But the former navy lieutenant and self-professed risk taker says the work prepared him for his next venture in life; starting his own business.

His turning point came while watching a television show about two brothers in Fredericton, N.B., who had given up law careers to start their own craft brewery. Brian always had a taste for unique beers and he was intrigued. He drove to Fredericton the next day to talk to them. "As I drove back to Halifax that night I was writing my business plan in my head."

The first few years were filled with long hours and hard, back-breaking work. "There were times when I would sleep at the brewery. I delivered every keg of beer that I had cleaned. I did the sales, the installation of the equipment, and all the invoicing and paperwork." He also had to work with the provincial government and a lawyer to change the rules so he could sell his beer. Now Garrison Brewing Company is thriving with a great waterfront location in downtown Halifax offering 13 different beers and seasonal specialties.

Titus encourages everyone to go after their career goals but cautions that you need to go into business with your eyes open. "The first step is selling yourself and being realistic to see if you have what it takes. The second step is selling everyone around you so they become believers too."

From bombs to beer. Now that's what I call a turning point.

by the numbers

- **The beer industry** employs 205,000 Canadians.
- **Canadian beer** drinkers pay the second highest taxes in the world; Norway is first.
- **Canada is** one of the top 10 largest beer exporters in the world.

Titus Tips

1. After seeing how rich you'll be if everything goes right, re-run the budget in the negative & see if you're still interested.

2. Boil your business and product pitch down to 30 seconds — after that you start to lose peoples' attention.

3. Find a patient mentor, someone who can keep you grounded and give common sense guidance.

4. Be prepared to adjust your plan quickly — it's the beauty of owning a small business.

5. Don't second guess once you've committed, just get it done!

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The Power of Technology with a Human Touch. From diagnosis to treatment, Medical Radiation Technologists (MRTs) are the experts who provide the vital link between cutting edge technology and quality patient care.

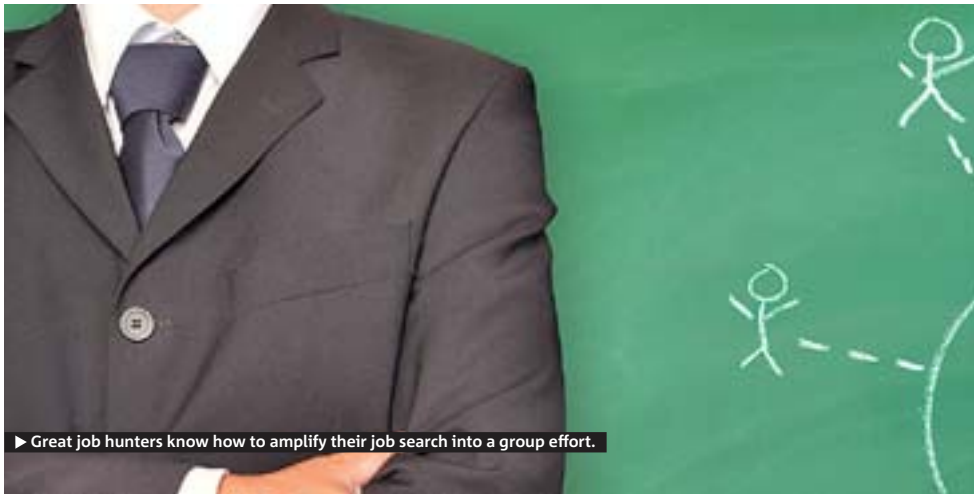
Learn more about the MRT professions at www.nsamrt.ca and www.camrt.ca

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Radiological Technology • Magnetic Resonance Imaging • Nuclear Medicine • Radiation Therapy

Networking is key to a successful job hunt


▶ Great job hunters know how to amplify their job search into a group effort.

Reach out to your friends, family and colleagues to find hidden trove of unadvertised job openings

DREW HINSHAW
LIFE@METRONEWS.CA

No job hunter should brave the wilderness all alone — that's what friends are for.

The vast online jungle of job boards can fool the unemployed into confusing job seeking for a solitary art, practiced in privacy, while the rest of society mingles over coffee. But if good job seekers know how to mass e-mail resumes from their bedroom window, then great job hunters know how to amplify their job search into a group effort — by roping cousins, colleagues and utter strangers into their quest for that hidden trove of unadvertised openings.

"There's probably eight million jobs out there that nobody knows about," Careerealism.com founder J.T. O'Donnell says.

"That's because businesses are saying 'I'm not going to publish the position, but, boy, if the right person crossed my desk, I would pull the trigger and invest.'"

Crossing that desk at the serendipitous instant requires more than chance — it takes a knack for hassling old pals for new job leads without them even realizing what's happening.

Start by easing in, Connecting With Success author Kathleen Barton recommends.

"Send them a personal message, 'How's your job going,' something to that effect," she suggests. "That gets the conversations started. Then you can share with them an update, that you're in a career transition and looking for something new."

"Don't directly ask somebody for a job," concurs Generation-Y careers blogger Lindsay Pollack. "You want to meet up with people for advice, you want to chat and discuss current events in your industry, but you do not want to show up, shove a resume in someone's face and say, 'I need a job.'"

Mostly, she says, because that smacks of desperation — and while you're looking for a job, becoming ever more penniless, frustrated, and despondent, businesses are looking for can-do spunk.

"You don't want to be arrogant but you want to project confidence ... Don't unnecessarily put yourself down."
LINDSAY POLLACK



Trades have freedom to work anywhere

Exploring different programs of study can help you make right choice

For Brad Doran-Veevers, no two days are quite the same. At 30 years old, he's a professional carpenter and runs his own contracting company, doing everything from demolition to finishing.

"Every day is different for me, and that's part of the reason that it's so enjoyable," says Brad.

Brad didn't always know what he wanted to do. "After high school, I started a recreation and leisure diploma at Algonquin College, but didn't finish," he says. "After that, I started to work for a renovation company."

Brad eventually went back to college, finished his diploma and completed a co-op term in Whistler, B.C. "Although that was a great learning experience, I soon realized that it wasn't the path for me," he says. "I went back to the same renovation company, which then led me to my apprenticeship." That apprenticeship led him to a career as a carpenter.

Brad's story is quite common. According to a 2009 report from the Canadian Council on Learning, just under half of college and university students don't follow the traditional path. This could mean attending more than one educational institution, switching programs or subject areas, or leaving school and then returning at a later date. Just over half of post-secondary students graduate from the program and school where they first began their studies.


▶ Training in a skilled trade can be your ticket to live and work just about anywhere.

Exploring different programs of study can help prospective students make an informed decision. CanLearn.ca provides search tools and information about jobs and wages, schools, and scholarships.

more details

To explore the possibilities, visit CanLearn.ca/explore.

Brad is a big supporter of working in the trades. "The trades are your ticket to live anywhere, travel and work, stay active, and continuously learn," he says. "I have travelled around Canada, and I've worked with people that have been all over the world."

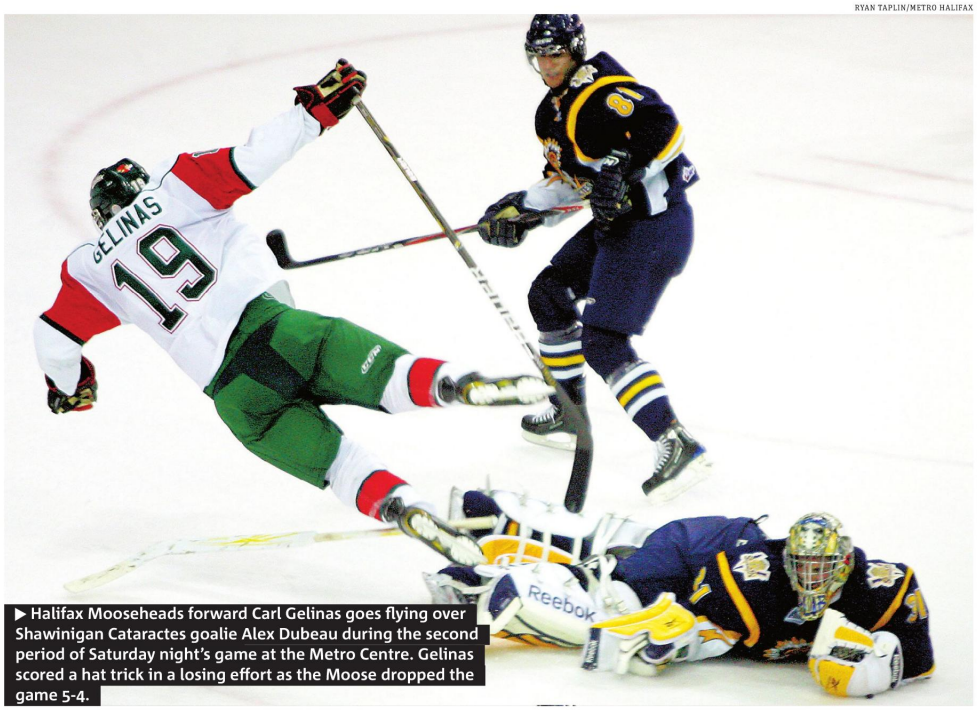
But he knows his college experience helped him get there. "Going to school at 19 is a good experience," he says. "In college or university, they want you to think for yourself."

Still, Brad is happiest "working on the tools," as he calls it. "There's a lot of opportunity to explore, and you get paid to do it."

NEWS CANADA

Halifax beats Chicoutimi on Friday, but falls 5-4 to Cataractes the next day
Gelinas scores hat trick but Moose blow a pair of two-goal leads

RYAN TAPLIN/METRO HALIFAX



▶ Halifax Mooseheads forward Carl Gelinas goes flying over Shawinigan Cataractes goalie Alex Dubeau during the second period of Saturday night's game at the Metro Centre. Gelinas scored a hat trick in a losing effort as the Moose dropped the game 5-4.

A lesson to learn: Winning when you've got the lead



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads are reeling after squandering a rare opportunity for a winning streak on the weekend.

The Mooseheads blew a pair of two-goal leads, including a 4-2 edge early in the third period, on Saturday at the Metro Centre and suffered a 5-4 loss to the Shawinigan Cataractes.

They were on the verge of just their third three-game winning streak since February 2008 after a galvanizing 6-2 win over the Chicoutimi Sagueneens on Friday.

"We played good, but we're gonna have to (learn to) win when we have the lead," said Mooseheads left-winger Carl Gelinas, shaking his head after the letdown.

"We can't stop working and (we have to) finish strong because if we can't persevere, we're not going to be a top-standing team."

The Cataractes scored three times in a 9:32 stretch to post the come-from-behind triumph.

Mooseheads goaltender Mathieu Corbeil allowed five goals on 23 shots and admitted afterward he'd like to take two of the third-period goals back.

The 4-3 goal and game-winning tally beat him cleanly up high, one from the top of the faceoff circle and another from near the hash-marks.

"We're very disappointed," Gelinas said. "We should have won this game. We were all over them all game and in the third, they rush, shoot, score."

The 18-year-old Gelinas was the star of the weekend, with a hat trick on Saturday and another goal on Friday. He has nine goals among 15 points in his past 14 games.

Gelinas's linemate, Martin Frk, had a five-point weekend with a goal and four assists.



"A couple of those goals, I'd like to see them again, face them again. Unfortunately it's a one-time thing to save those pucks and it's a lesson for everyone, even me."

MOOSEHEADS GOALTENDER MATHIEU CORBEIL, ON HIS PERFORMANCE IN SATURDAY'S 5-4 LOSS TO SHAWINIGAN.

Herd not leaving home yet

The Halifax Mooseheads will look to regain their footing quickly as they remain at the Metro Centre for the next two weeks.

The Mooseheads, 7-14-1, have four games left on a six-game homestand, and host the P.E.I. Rocket on Friday at 7 p.m. It's the Herd's only game this weekend.

"We had a good week and we played hard both games," said Mooseheads goalie Mathieu Corbeil. "There are still four more games to win and we can beat anyone when we put our minds to it."

Huskies capture AUS title

The Saint Mary's Huskies have achieved Atlantic University Sport men's soccer supremacy for the first time since 2005.

The Huskies, who knocked the Dalhousie Tigers out of the tournament in the semifinals with a 3-2 overtime win on Saturday, edged the defending champion Cape Breton Capers 2-1 yesterday in the AUS final in Moncton.

David Inglis opened the scoring for the Huskies in the 32nd minute. Shayne Hollis tied it at 59:22, but just 67 seconds later, Elvir Gigolaj buried the game-winner. The Huskies, who won silver medals at nationals in 2000 and 2003, head to Toronto for the Canadian Interuniversity Sport championship starting Nov. 11.

At the women's tournament in Wolfville, Saint Mary's and Dalhousie lost in the semifinals. ● METRO

Sports in brief

Acadia-SMU matchup set

AUS FOOTBALL. The Saint Mary's Huskies will host the Acadia Axemen in the Atlantic University Sport football final this coming Saturday at 1 p.m.

The Axemen beat the Mount Allison Mounties 22-14 in overtime in the semifinal on Saturday in Sackville, N.B.

The Huskies are the three-time defending Loney Bowl champion and have a 2-1 record against the Axemen this season.

Marauders win in SO

HOCKEY. The Metro Marauders posted a 2-1 shootout victory over the Maritime Junior Hockey League-leading Woodstock Slammers yesterday at the Sportsplex.

Mitchell Shewfelt scored in regulation and Bradley MacDonald had the shootout winner as the Marauders improved to 11-8-1-1. ● METRO

4 sports

Sports news

The Saint Mary's Huskies men's hockey team dropped to 3-3 after a pair of weekend losses. The defending national champions lost 5-2 to the New Brunswick Varsity Reds on Friday and 4-2 to the P.E.I. Panthers on Saturday.





The Erik Glavic-led Calgary Dinos beat the Regina Rams 40-33 on Saturday to advance to the Canada West football final against the Alberta Golden Bears. The door remains open for a rematch of last year's Saint Mary's-Calgary national semifinal.

Scan code for sports

JIM MCISAAC/GETTY IMAGES



▶ Michael Vick

Vick leads Eagles over Colts

26	24
EAGLES	COLTS

Michael Vick shared a long embrace with offensive co-ordinator Marty Mornhinweg after coming back from a month off to lead the Philadelphia Eagles to a big win.

When Peyton Manning is on the other side, it's no ordinary game.

Vick threw for 218 yards and one touchdown, and ran for 74 yards and a score in the Eagles' 26-24 victory over the Indianapolis Colts yesterday.

"This game was more emotional because we knew how tough it was going to be to win this game," Vick said. "It took two weeks of hard work, guys working extra hard, watching film and doing whatever it takes. To win this game was very gratifying."

The Eagles (5-3) are 12-0 after a bye since Andy Reid became coach in 1999. They hadn't beaten Manning in three previous tries.

While Philadelphia rested last week, the Colts (5-3) had to make a quick turnaround after beating Houston on Monday night.

THE ASSOCIATED PRESS

Hapless Bills stay winless

Cutler's TD pass to Bennett rallies Chicago to win over Buffalo Bills fall to 0-8 on season and 0-3 all-time in regular season at Rogers Centre

STEVE RUSSELL/TORSTAR NEWS SERVICE



▶ Buffalo Bills linebacker Arthur Moats tackles Chicago Bears running back Chester Taylor and loses his helmet in the process.

Another week, another hard-luck loss for Steve Johnson and the Buffalo Bills.

Jay Cutler threw two TD passes to rally the Chicago Bears to an exciting 22-19 win over Buffalo at Rogers Centre in Toronto yesterday afternoon. The loss left the Bills (0-8) as the NFL's only winless team and followed heartbreaking defeats in overtime to Baltimore and Kansas City.

The game was the fifth of eight Buffalo will play in Canada through 2012 as part of the Bills Toronto Series. Overall, the Bills dropped to 2-3 in Toronto, but are a dismal 0-3 in the regular-season contests. The announced attendance was 50,746 as all five games to date haven't been sellouts at Rogers Centre, which seats 54,000 for football.

22	19
BEARS	BILLS

The loss tarnished an outstanding performance by Johnson, who had 11 catches for 145 yards, both game highs. Johnson's numbers could have even been better had quarterback Ryan Fitzpatrick got him the ball on the game's biggest play.

A streaking Johnson got behind the Bears secondary in the fourth quarter with Buffalo at its 29-yard line. But Fitzpatrick couldn't get the ball completely over Chicago's Tim Jennings, who made a brilliant interception and returned it to the Bills' 23.

That set up Cutler's three-yard touchdown pass to Earl Bennett that put Chicago (5-3) ahead 20-19 at 8:19. Cutler hit Matt Forte on a shovel pass for the two-point convert.

"I believe I had six," Johnson said. "I probably had to break one tackle then get going. It would've been a big play."

Once again, Buffalo deserved a better fate. The Bills were a stellar 10-of-16 on third-down conversions, outgained Chicago (340 yards to 283) and had more first downs (22 to 19). But the Bears converted two of Buffalo's four turnovers into TDs and outrushed their opponent 105 yards to 46.

THE CANADIAN PRESS



41-7

Eli Manning threw for three first-half touchdowns, Ahmad Bradshaw added a pair of rushing touchdowns and the New York Giants routed the Seattle Seahawks 41-7.

253

Drew Brees threw for 253 yards and two touchdowns and the New Orleans Saints became the latest team to shut down Carolina's NFL-worst offence in a 34-3 victory.

TONY DEJAK/THE ASSOCIATED PRESS



Browns 34, Patriots 14
Rookie quarterback Colt McCoy scrambled for a touchdown, Peyton Hillis hammered for a career-high 184 yards and two scores and the Cleveland Browns pounded the New England Patriots 34-14.

Well rested after their bye week, the Browns ended New England's five-game winning streak and did it decisively, outplaying one of the NFL's top teams for 60 minutes.

ANDY KING/THE ASSOCIATED PRESS



Vikings 27, Cards 24 (OT)
Brett Favre rallied the Vikings from 14 points down to tie it with 27 seconds to play in regulation time, then drove them into position for Ryan Longwell's 35-yard game-winning field goal for a 27-24 overtime victory over the Arizona Cardinals. Favre threw for a career-high 446 yards with two touchdowns and two interceptions for the Vikings.

LEON HALIP/GETTY IMAGES

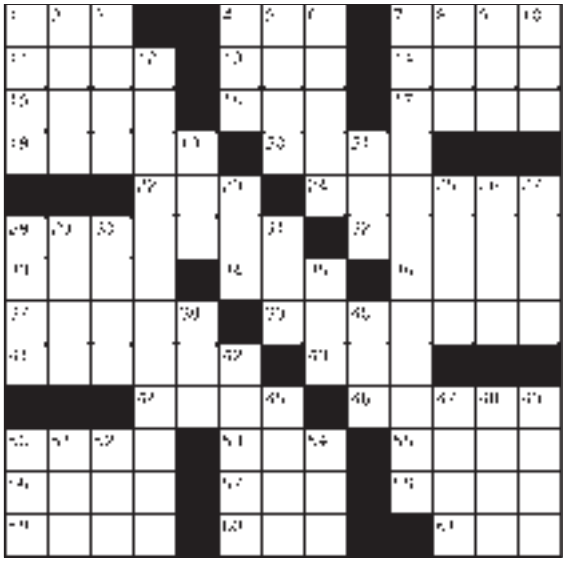


Jets 23, Lions 20 (OT)
Mark Sanchez threw a 52-yard pass to Santonio Holmes to set up Nick Folk's 30-yard field goal, lifting the New York Jets to a 23-20 overtime win over the Detroit Lions.

Sanchez scored on a quarterback sneak with 2:46 left in regulation and led a nine-play drive that set up Folk's 36-yard kick to send the game into OT.

THE ASSOCIATED PRESS

Crossword



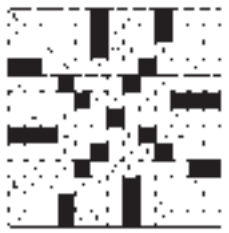
Across

1 "Explain that"
4 Recede
7 PC picture
11 Very excited
13 Book-spine abbr.
14 Undressed
15 — gin fizz
16 Away from WSW
17 Carey or Barrymore
18 Serf
20 Abominable Snowman
22 Steal from
24 Crown
28 Los Angeles team
32 Attack from concealment
33 Jai —
34 Intention
36 Operatic solo
37 Glacial ridge
39 Topic
41 Site of rapid development
43 Sticky stuff
44 Peruse
46 Bit of tomfoolery
50 Head light?
53 Old soldier
55 Franc replacement
56 Acknowledge
57 37-Across material
58 Winter forecast
59 Stitched
60 Female deer
61 Type measures

Down

1 Corned beef dish
2 Lecher's look
3 Warm fabric
4 Enos' granny
5 Skeletal
6 Evidence a pinprick
7 Harrison Ford role
8 Scoundrel
9 Praise in verse
10 Fresh
12 "Sweet" girl of song
19 Pirouette pivot
21 "— the season ..."
23 Lingerie item
25 Catastrophic
26 Grand story
27 Vegan's no-no
28 Morse code symbol
29 Margarine
30 Pub missile
31 Bro's relative
35 Beer vessel
38 Third letter
40 Squeezing snake
42 Goliath's vanquisher
45 Retro art style
47 Melody
48 Press
49 Bulls' mates
50 Owns
51 Rd.
52 Depressed
54 Golfer's prop

▶ Yesterday's answer



Sudoku

9		2	1				3	
				6				
				7	4			8
7		6			9	4		
8		4				5		2
		1	2			6		9
5			8	2				
				3				
	8				6	1		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	4	2	1	5	9	3	7	8
3	1	7	8	6	2	5	9	4
9	5	8	7	4	3	1	2	6
2	6	1	3	9	8	4	5	7
4	9	3	5	7	6	2	8	1
8	7	5	4	2	1	9	6	3
1	3	6	9	8	5	7	4	2
7	2	9	6	1	4	8	3	5
5	8	4	2	3	7	6	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

You mean world to me and make me think I have everything that I need. I am happy with you, Sue **TEI**

Sweetie, I feel so blessed to have an angel like you in my life. You're truly something special. I love you sooo muchh & I'm gonna cherish you always. Muah! **LOVE, PIECES ;)**

Babe,I hope your birthday is absolutely amazing and I can't wait for you to open my gift. You're amazing and deserve to have an incredible birthday. **<3 RABBIT**
[betcha thought I'd forget ;)]

SugarBear, I want the whole world to know I love you and cherish every moment we share together. You are my rock, my lover, my best-friend and I look forward to sharing wonderful memories. **LOVE YOUR SNOWANGEL XOXO**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Put yourself in a loved one's hands and let them decide how you are going to spend the day. What you do is of less importance than the fact that you are doing it together.

♉ Taurus April 21-May 21 With Venus, your ruler, moving back into the work and wellbeing sector of your chart today you'll have a lot on your mind. Don't burden yourself with more than you can carry.

♊ Gemini May 22-June 21 A loved one won't be quite so distant emotionally today, which is good news if there have been barriers between you in recent weeks. If they open up to you then you must open up to them as well.

♋ Cancer June 22-July 22 What is right for you may not be right for someone else, and it is of the utmost importance that you remember that today. Make the effort to find out how and why people see things differently.

♌ Leo July 23-Aug.23 You have never been someone who is afraid to rock the boat a little, but now is not a good time to be confrontational, either in your personal affairs or at work.

♍ Virgo Aug. 24- Sept. 22 If you carry on pushing yourself too hard you will regret it later in the week. There is no doubt you are heading in the right direction and there is no doubt you will reach your destination, but you must give it time.

♎ Libra Sept. 23-Oct. 23 There is something you left unfinished a short while ago. Give some thought as to what it might be, then make a serious effort to complete it. Everything else can wait.

♏ Scorpio Oct. 24-Nov. 22 You seem to be of the opinion that you have failed in some way, that you have fallen short of the high standards you set yourself. Even if you have it's no big deal.

♐ Sagittarius Nov. 23-Dec. 21 Go out of your way to be friendly with people you work and socialize with. You don't have to do outrageous favours for them but you do have to recognize that they have dreams just like you.

♑ Capricorn Dec. 22-Jan. 20 Employers and other authority figures will go out of their way to help you today, but a part of you doesn't quite believe they are being honest about their intentions.

♒ Aquarius Jan. 21-Feb. 18 Do what feels good to you and, if others don't like it, do it some more! You have never been afraid to take a few risks and today you will test the boundaries. As far as you're concerned there are no boundaries.

♓ Pisces Feb. 19-March 20 You may be tempted to bury your feelings where no one can find them. That would be a mistake. You can't keep your desires secret indefinitely.

SALLY BROMPTON

Caption contest

DAVE ALLOCCA/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FAREED KHAN/THE ASSOCIATED PRESS








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